



YOGA FOR VISUAL LEARNERS

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# Key features of Yoga Connects:

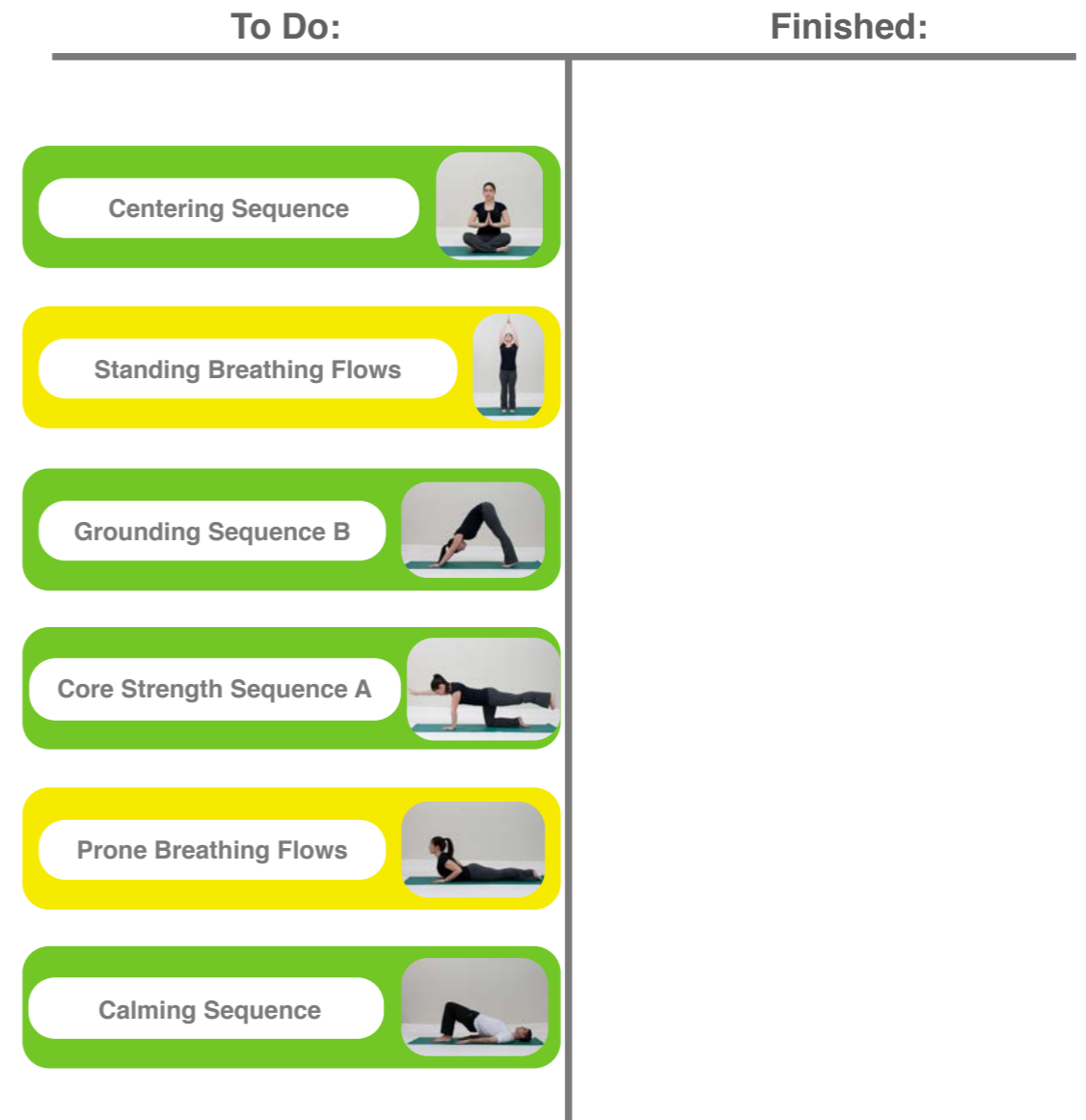


## I) Visual supports:

Visual supports are integrated into every level of Yoga Connects sessions:

- Schedule Board
- Visual Yoga Sequences
- Hand and foot markers

For participants with communication or attention challenges, visual supports allow access to yoga that may not be possible with a traditional language-based instruction approach.



# ***Visual supports encourage successful participation and increase independence!***



# Key features of Yoga Connects:



## 2) Safe and effective visual yoga sequences:

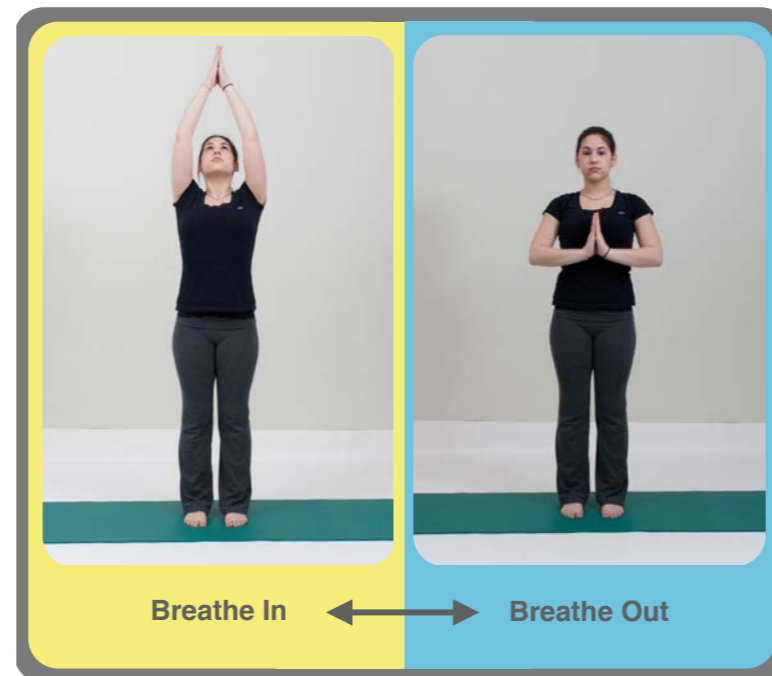
**Visual yoga sequences are color-coded for breathing and feature clear photographs.**

Visual yoga sequences support the positive social experience of of yoga:

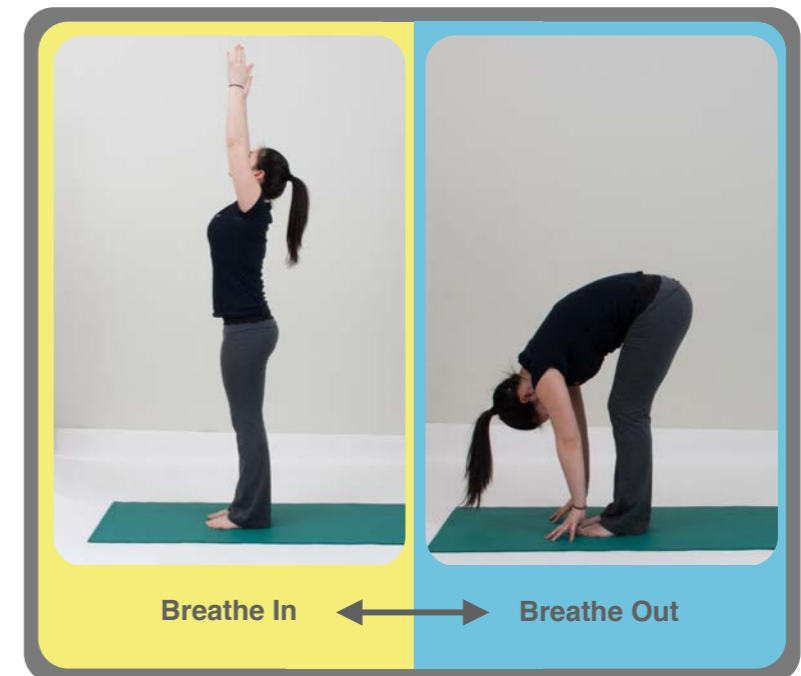
Participants can reference the information they need independently and reduce their reliance on verbal instruction.

Facilitators do not need to have a background in yoga and are able to focus their attention on their students and their own experience during sessions.

1. Standing Sun Flow



2. Standing Waterfall Flow



***Yoga Connects sequences are designed to improve flexibility and balance, build core strength, provide regulating sensory input, encourage healthy breathing patterns and support deep relaxation.***

***All of these elements combine to build confidence, body awareness, flow and independence!***

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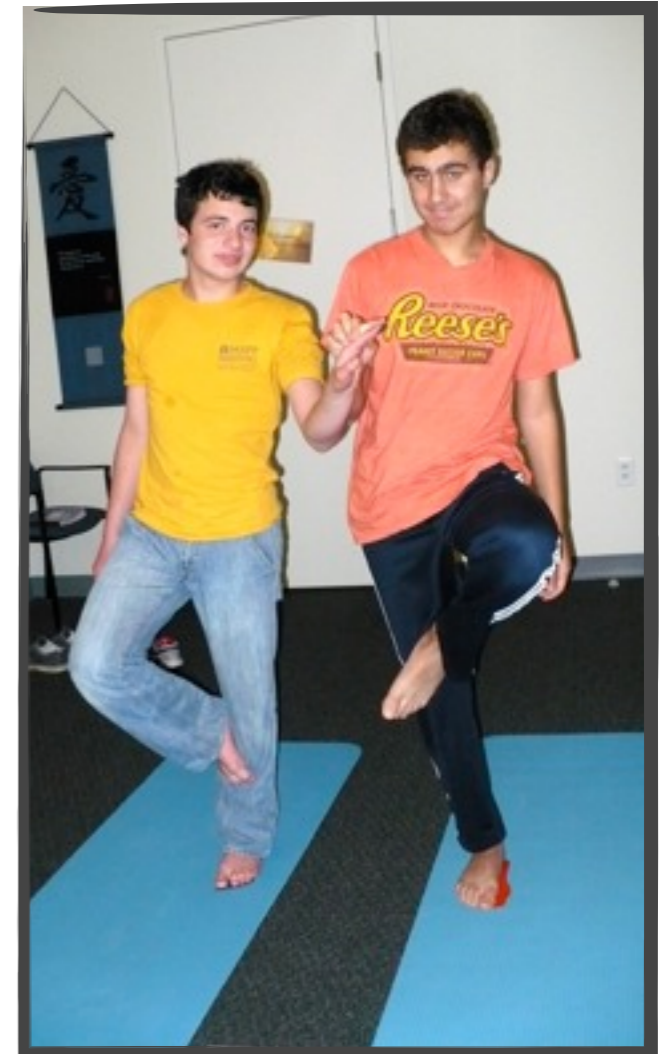
## 3) Relationship-based approach:

The importance of trust, communication and respect for each participant's individual needs is essential to provide the safe ground for yoga to be a successful experience.



The Yoga Connects approach emphasizes building a relationship with all participants as “yoga partners”. Facilitators practice side-by-side with students and share the experience and benefits of yoga together.

# Yoga is a powerful tool for connecting to self and others!



***Yoga Connects Sessions can be facilitated by familiar adults such as parents or teachers and shared with peers or siblings. Some participants may also develop an independent practice.***



# Key features of Yoga Connects:



## 4) Support for Generalization:

By taking yoga into settings where participants spend the most time, yoga becomes part of daily life. Yoga Connects sessions and quick “yoga breaks” can be incorporated into home, school or work schedules to support participants throughout their daily routines.



Bringing the visual curriculum home allows participants to take ownership of their practice. Yoga becomes a life skill rather than just an activity.

## **Available Services:**

### **Yoga Connects Parent-Child Sessions at NESCA in Newton**

Yoga is a powerful tool for connecting with self and others. In this unique 6-week program parents participate side-by side with their children, receiving expert instruction in a relaxed setting. Parents and children learn and share the yoga experience together, then bring all of the benefits of yoga home. Yoga becomes a meaningful shared activity and provides a daily respite from stress for both parent and child.

### **Yoga Connects Workshops for Parents and Caregivers**

Parents learn to be “yoga partners” for their children and to facilitate effective yoga sessions at home. Yoga Connects workshops can be offered in a variety of settings including yoga studios, schools and clinical programs and can be customized to meet your scheduling and space needs. For upcoming workshops, please visit: <https://www.facebook.com/yogaconnects.autism>

### **Yoga Connects Professional Trainings**

Appropriate for yoga teachers, OT's, APE's, classroom teachers, and other professionals, this training is more extensive and in-depth than the parent workshop. Participants who successfully meet the requirements of the training will be certified to offer Yoga Connects sessions to their clients and to utilize the Yoga Connects curriculum in their professional setting.

Professional trainings can be customized to meet the specific needs of your program and participants. Private consultation for parents and professionals is also available.

*Participants in all Yoga Connects offerings take home the complete Yoga Connects curriculum kit. Some yoga experience is helpful, but not required.*

For more information or to register, please contact:

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<https://www.facebook.com/yogaconnects.autism>